

COVID-19 Simptome

1. Presimptomatiese mense is positief, toon eers na ongeveer 3 dae simptome, en is baie aansteeklik in daardie periode.
2. Asimptomatiese mense toets positief, hulle ontwikkel nooit simptome nie, maar is aansteeklik.
3. Die res toets positief en het sommige simptome:
 - 3.1. Algemene simptome: Koors, droë hoes en moegheid
 - 3.2. Minder algemene simptome: lyfseer en spierpyne, seerkeel, diarree en naarheid, hoofpyn, loopneus, koors en/of kouekoors, aptytverlies, smaak- en reukverlies (anosmie), veluitslag; verkleuring van vingers of tone agv tekort aan suurstof in die bloed en konjunktivitis: ontsteking van die oogvlies wat rooi en opgeswel raak (soos "pink eyes")
 - 3.3. Ernstige simptome (moontlik teen dag 8)
 - Borskaspyn of –drukking;
 - Sukkel om asem te haal;
 - Verlies van spraak en beweging.
 - Kortasemheid is 'n simptoem wat voorkom net voor die ontwikkeling van longontsteking (ongeveer 5-10 dae na koors)
 - Longontsteking – inflammasie van die long waar die lugsakkies met etter vul sodat lug uitgesluit word en die long solied raak agv slym op die bors.
4. Dit neem ongeveer 2-6 dae vanaf 'n persoon besmet raak met die coronavirus, totdat die simptome wys, maar dit kan ook 14 dae neem.
5. Die behandeling van die simptome soos in punt 1 en 2 kan tuis gedoen word, maar sodra die ernstige simptome soos in punt 3 presenteer, is mediese behandeling noodsaaklik.
6. Indien jy herstel nadat jy Covid-19 opgedoen het, kan daar 'n lang pad voorlê. Jy genees nie na 2-3 weke soos vir verkoue of griep nie, maar kan nog weke en selfs maande worstel met verskeie langtermyn gevolge.

7. Inwoners onthou asb. Wanneer jy met 'n hoë koors by die hoofhek aankom, sal Sekuriteit onmiddellik die Algemene Bestuurder in kennis stel (selfs na ure), maar jou toelaat om na jou wooneenheid te gaan.

Dit is dan jou eie verantwoordelikheid om jou dokter of die Hotline: 080 002 9999, te skakel vir verdere instruksies, soos met enige siekte of ongeval wat jy opdoen.

Indien jy isoleer en versorging vanaf La Vie Sorgsentrum benodig, sal dit teen hulle tariewe en voorwaardes wees.



STEPS TO BE TAKEN

- If you suspect that you may have Covid-19, IMMEDIATELY go into self-isolation.
- Contact Dr Deon v Heerden (072 685 6851) OR your regular house doctor and obtain instructions as how to proceed further. Should a doctor not be available for whatever reason, phone the national hotline on 080 002 9999 and obtain instructions.
- Immediately start self-medication/care procedures. The main elements thereof are as follows:
 - Paracetamol if you have a fever above 38 C (Panado etc..)
 - Cough medicine or Honey and lemon.
 - Steam with Vicks Vaporub for opening up your chest.
 - Humidifier with Eucalyptus when you go to bed overnight, because dry air is not good for your lungs;
 - If you have a history of asthma and you have a prescription inhaler, make sure it is refilled.
 - Meals: Make a big batch of soup to freeze, because you can have loss of appetite
 - Hydrate: take lots of your favourite clear fluids
 - Rest lots. You may in any case not leave your home for 14 days, even if you feel better, because you might still be infected.
- You may not need to go to the hospital, unless you are having trouble breathing or your temperature is very high (over 38 C). 90% of healthy adult cases can manage at home, but any person older than 70, and those with serious underlying medical conditions (co-morbidities) are at high risk.
 - If you are worried or in distress or feel your symptoms are getting worse, talk to your doctor or specialist now about the way forward for you.

(LA VIE CARE protocol 8 April 2020)

Coping with COVID-19 at home

➤ If you have Covid-19, how should you isolate?

- Separate yourself from other people in your home, in a well-ventilated bedroom. Open windows and doors to improve airflow.
- Your family should not stay or sleep in the same room as you.
- Use a separate bathroom. If you have to share a bathroom, clean and sanitise after every use.
- Avoid sharing items and the same spaces with other people and clean surfaces often.
- Stay at least 1,5 metres (3 steps) away from other people in the home.
- Wear facemasks to help prevent the spread of the disease to others.
- Cough or sneeze into the fold of your elbow. Alternatively, cover your mouth and nose with a tissue, and dispose of tissue in a dedicated bin.
- Clean your hands often with soap and water for at least 20 seconds, or with alcohol-based hand sanitiser that contains 60-95% alcohol.

➤ Do not go shopping, visit anyone or receive visitors at your home.

- Do not leave home unless you need medical care.
- Do not take steroids or hydroxychloroquine, or any medicines not prescribed by your doctor.

➤ Do stay at home for 14 days and stay calm.

- Do ensure you notified family members who can do your shopping and get things you may need.
- Do keep connected to people you care about by phone, video calls or by the internal phone (free)
- Sleep on your stomach for as much as possible with your head turned to the side (prone position) if you are feeling a little short of breath, because mucus accumulate at the back and bottom of the lungs.

➤ Advice for caregivers.

- Wear gloves and a cloth face covering when you touch the sick person. Throw out into a linen trash can and wash hands right away.
- Request the sick person to put on a cloth face covering before entering the room.
- Practice preventative measures everyday:
clean hands often, avoid touching your eyes, nose and mouth with unwashed hands, and frequently clean and disinfect surfaces.

***DANGER is real,
FEAR is a choice, and
INFORMATION will help you make an informed choice.***

When admitted to the hospital

Once admitted to the hospital because of difficulty in breathing, the following protocol can be followed:

- You will be placed on oxygen, prescribed by the doctor, to be administered by a registered nurse. A mask will be put over your face in order to feed more oxygen than provided by normal breathing, into your lungs.
- If you require further assistance with breathing, the doctor may elect to use a ventilator by inserting a tube down your throat (intubation) or make a small incision in your throat (tracheostomy). These 2 options are both supported by ventilator machines, both are invasive procedures and can only be done in hospital environment. According to several studies, these ventilators are not healthy for your body at all.
- Dr Martin Sanne from the CSIR announced on 10th July that they are developing non-invasive ventilators like the CPAP (Continuous Positive Air Pressure) machines to provide more oxygen to your lungs. Several of the residents here at the Estate are already on CPAP machines to assist with sleep apnea.

These non-invasive ventilators can be used in field hospitals and at home, provided that you have the prescribed oxygen mixture as well.

Anosmie

Anosmie is die verlies van die reuksin en verantwoordelik vir 'n verandering in lewenskwaliteit, maar kan ook depressie veroorsaak. Dis meestal te wyte aan 'n kopverkoue, neuspoliepe, chroniese rinitis, 'n fraktuur deur die anterior fossa van die skedel, 'n frontale breintumor, Alzheimers, Parkinsons, diabetes en nou ook die nuwe coronavirus. Anosmie kan herstel sodra die oorsaak verwyder is, maar kan ook langtermyn wees.

Stel jou voor jy kan nooit weer die volgende ruik nie? Die vars poeierreuk van jou baba kleinkind, eerste oggendkoffie, die reuk van gras op 'n vars gesnyde grasperk...

Koop en Verkoop

Daar is baie inwoners wat handwerk maak en dit wil verkoop; netso is daar sekerlik mense wat dit wil aankoop. Die produkte sluit in: droë vrugte, tuisgebak, gebottelde produkte, hekel-en breiwerk, juwele, plantjies, blomme, houtwerk items, ornamente-enige handwerk.

Ek wil 'n WhatsApp-groep begin vir belangstellendes. Indien jy belangstel, kontak

–Charlotte Otte by eenheid 34, of 082 450 6680.

High Risk People

The following people are at the greatest risk for severe symptoms:

- Older than 60 years; overweight; unfit; multiple medical conditions.
- Medical conditions not well controlled; hypertension; diabetes; chronic kidney, heart and lung disease; lungcancer; HIV; TB; porphyria; emphysema.

If you are high risk, monitor yourself closely

- Make sure your underlying medical conditions are well controlled. Take your hypertension, diabetes and other medicines correctly and on time.
- Monitor your blood pressure and sugar. If you are diabetic, it is a very good idea to get a home device to measure your sugar.
- Consider getting a pulse oximeter. This is an easy-to-use device which measures the oxygen level in your blood and helps to identify early on when you are in need of medical attention. Oxygen saturation should always be greater than 92%

Breathing exercises clear your lungs and improve oxygen flow.

- The idea is to get the lower part of your lungs to expand so that any mucus that's collecting there can be dislodged and coughed out.
- Deep breathing and forced expiration: Take a deep breath in through your nose, hold your breath for 5 seconds, then breath out through your mouth. (open lips) Do this 5 times. Next, take a sixth deep breath in, then at the end of it cough strongly, covering your mouth when you do so. The six breaths plus cough represent one cycle. Repeat twice.
- Consider getting a Spiro ball to assist with exercising your lungs.
- Shallow breathing for weaker persons:
Balloon blowing with a straw.

1 k meel

½ t sout

½ k water

1t bakpoeier

1 eier, geklits

Olie vir diepbraai

Vinnige vetkoekies

Klits eier en water. Sif droë bestanddele by en meng tot gladde deeg. Braai beslag lepelsgewys in olie tot ligbruin aan alle kante. Bedien met botter, stroop, en/of gerasperde kaas.

Geniet.

Eldercare

Infection.

Seniors are more susceptible to infection and complications due to the normal aging process. A coronavirus (Covid-19) infection can manifest itself in different ways in seniors.

While seniors may have no fever, they may show the following signs of an infection:

- ♦ fast onset loss of autonomy (low interest in participating in care, preparing meals etc.); loss of appetite; confusion and irritability;
- ♦ sleepiness and sleep disturbances; falling; onset of incontinence;
- ♦ increased agitation or sluggishness.

Dehydration.

Seniors are at greater risk of dehydration, because the thirst sensation becomes less acute as we age. Remind seniors to drink frequently clear fluids and to refrain from drinking beverages with caffeine, because it will cause you to urinate more often and increase loss of liquids.

Malnutrition.

Seniors need to increase their protein consumption when they have infection. Protein are found in meat, fish, legumes, eggs, milk products and nuts.

Loss of autonomy.

Remaining immobile in bed or a chair for just 24 hours, can have a major impact on loss of autonomy and the onset of complications.

As soon as possible, get the person up and moving, dress on his/her own, and perform personal hygiene and other daily activities in accordance with capacity. This will considerably reduce the risk of complications.

Advertensie

COMPUDATA

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Jou rekenaarvriend vir:

- ✓ Nuwe rekenaar- en bybehore verkope
- ✓ Herstel van enige rekenaar: skoot- of tafelmodelle
- ✓ Hulp met WiFi en epos opstelling
- ✓ Opgradering van ou na nuwe rekenaar
- ✓ Aftrek van alle ou dokumente, foto's, musiek, pos en videos vanaf ou hardeskyf
- * Ek herstel nie drukkers of skerms nie

Vir julle gerief doen ek ook tuisbesoeke tydens Covid-19

–Hennie Weber, Willem Bothastraat 1263 (net na Spar)

sel: 083 409 3727

When are you a close contact?

Close contact means that you had face-to-face contact within 1 metre or were in a closed space for more than 15 minutes with a person with Covid-19. This contact happened while the person with Covid-19 was still infectious-from 2 days before to 14 days after their symptoms began, for example:

- lives in the same household
- works closely in the same environment
- sat in the same classroom
- attended the same gathering
- provided direct care for an infected person without the proper PPE's
- sat within 2 seats (1metre) in any direction in any kind of vehicle
- served as a crew member in an aircraft.

When you exhibit symptoms /or is positive, close contacts must self-quarantine for 14 days. If they are not able to quarantine safely at home, isolation or quarantine facilities are available.

(Hotline 080 002 9999)

Casual contacts is someone who has been in the same general area as someone who tested positive. You are a casual contact if:

- you have had less than 15 minutes face-to-face contact in any setting with an infected person in the 24-hour period before the onset of their symptoms.
- you have shared a closed space with a confirmed case for less than 2 hours in the 24-hour period before the onset of their symptoms (but did not breach 1 metre, and did not have any face-to-face contact time)
- Casual contacts did not need to be excluded from work or school while well, but should monitor themselves for symptoms and are advised to isolate if they start presenting symptoms.

–News24, NICD

From Medical Schemes

According to the Medical Schemes Guidelines, tests to diagnose Covid-19 will be funded as a PMB condition. The Fund will pay for the diagnostic test, provided that the member who took the test was REFERRED by a healthcare practitioner (doctor or nurse) which will be guided by the members' symptoms. The claims will be processed as per the Scheme rules.

–(Bonitas)

Covid-19 PRODUCTS

DISINFECTANT MAT



HAND SANITISER 70%



R45



R15



R75

DISINFECTANT SPRAY



THERMOMETER R499

R690

OXIMETER



R280

OXYGEN CAN



PPE



R25

R29



R29

Ensure the Safety of Yourself and Your Loved ones

SANITISING FOGGER

It is a cost-effective way to sanitise your whole House, Car, Office or Classroom effectively.



FOGGING SERVICE:

Flat: 1-2 Bedroom (40-70m²)

Townhouse: 2-3 Bed (70-160m²)

PURCHASE PRICE:

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Fogging Liquid 500ml

R 220

R 320

R3800

R4900

R 250



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**Ons kan jou ook by die
huis kom besoek!**

*"Baie goeie diens en laat jou tuis voel in hul
praktyk..." - Willem Espach*

*"Ons dra jou
beste belange
op die hart..."*

**Yolandé &
Marike**



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1053 Frederik Ave
Eldoraigne
087 944 1803

Wierda Corner
2 Reddersburg Str
Wierdapark
012 653 3830

yolandévdwesthuizen 
Audiologists

WHAT IS THE DIFFERENCE?

ISOLATION:

You have tested positive for the virus or you have symptoms and likely have Covid-19. You need to avoid contact with other people for:

- 14 days after your test, if you have no symptoms
- 14 days after your symptoms started if you have mild disease
- 14 days from the last day you needed oxygen if you were treated in hospital with severe disease
- you do not need to re-test to confirm you are negative to de-isolate.

If you can not self-isolate at your own home because of overcrowding, you need to go to a quarantine facility.

3. QUARANTINE:

You have been in close contact with someone with the virus and you don't have symptoms and haven't tested positive:

- you need to avoid contact with other people for 14 days after your exposure to the person with Covid-19
- if you do not develop symptoms you can de-isolate after 14 days
- if you develop symptoms you are considered to also have covid-19 and then you need to isolate for 14 days from the start of your symptoms.

(Dr A Kola; Dr W Jassat)

Advertensie

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1 study
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Advertensie

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MOTORBATTERYE

Alle gebruiksvoorwerpe het 'n beperkte leeftyd. So ook jou motor se battery indien jou motor lank in onbruik was, en ook tydens die winterkoue. Die battery bou lood-sulfaat op die selplate op, wat veroorsaak word deur ontlading en onbruik. Indien u probleme ondervind met die battery, en kan u motor vir 24-uur laat vir diens en laai, skakel my gerus vir 'n opgradering en laai.

**Omer Schiffeleers by 3144 of
012 007 1844**

WHAT IS THE DIFFERENCE?

DISINFECTION describes a process that eliminates many or all pathogenic micro-organisms, except bacterial spores, on inanimate objects. In health-care settings, objects usually are disinfected by liquid chemicals or wet pasteurization. Chemicals most frequently used for disinfection, include quarternary ammonium compounds, chlorine compounds, iodophor compounds and alcohol (70-95%)

STERILISATION describes a process that destroys or eliminates all forms of microbial life and is carried out in health-care facilities by physical or chemical methods. Steam under pressure, dry heat, EtO gas, hydrogen peroxide gas plasma and liquid chemicals are the principal sterilizing agents used in health-care facilities.

Disinfecting and sterilizing are essential for ensuring that medical and surgical instruments do not transmit infectious pathogens to patients.

SANITISING is defined as cleaning something with a chemical, to make it free of bacteria or disease causing elements, for example wiping a counter with a bleach solution. Sanitisers usually work faster than disinfectants, which can take up to 10 minutes to kill germs.

The main difference between sanitising and disinfecting is that sanitising reduce the number of germs on a surface, whereas disinfecting kill most of them.

The name hand “sanitiser” is a misnomer, since its main germ-fighting ingredient is alcohol, which is a disinfectant.

In the USA and Canada the spelling is “sanitizer”, but everywhere else it is “sanitiser”.

Virus? Bakterie?

’n **Virus** is ’n deeltjie wat tot replikasie in staat is en infeksie veroorsaak, maar slegs binne lewende selle. Antibiotika werk nie op virusse nie, slegs antivirale medikasie. Covid-19 is ’n virus waarvoor daar nie antivirale medikasie is nie.

Bakterieë is mikro-organismes wat sonder ’n baie duidelike kernmembraan is; die meeste is eensellig, kleiner as swamme maar groter as virusse, het ’n selwand met ’n unieke samestelling en baie antibiotika werk deur die bakteriële selwand te vernietig.

Lees volgende maand meer breedvoerig.

Versterk jou Immuunstelsel

Gesonde voeding

- Die helfte van jou bord kos moet uit groente of vrugte bestaan, kwart uit proteïene en kwart koolhidrate.
- Fokus op groen blaar- en peulgroente, kool, ertjies, broccoli. Murgpampoentjies bevat baie yster en sink, heelgraan, en goeie proteïene soos vis en maer hoender.
- aarbeie, lemoene en koejawels bevat baie Vit C.

Genoeg oefening

- Vergroot jou longkapasiteit, ook met 'n Spiro ball.
- dit oefen die hartspier en maak dit sterker
- 30-40 min se flink stap, 3-4 maal per week.

Genoeg slaap

- Bou die liggaam weer op na negatiewe gebeurlikhede deur die dag, bv stres

- Mans: 6-8 ure per nag en vroue 7-9 ure.

Vitamiën-aanvulling

- Vitamiën D: 15 minute per dag in die son met gesig, hande, boarms.
- of kry standaard Vit D aanvulling by apteek.
- Vitamiën C (500mg) 3x per dag vir 5 dae,
- Sink (30-50mg per dag vir 5 dae).
- Vit B kompleks tablet (Maxi B) 2x per dag.

Vermý

Vermý kosse wat die immuunstelsel verswak, bv. Voedsel met suiker en gehidrogeneerde groente-olies, winkelgebak en alle drank behalwe tee, water en vars sappe.

Hou op rook.

–(Dr Ade van Heerden)

Distraction

If you're finding that it's hard to shake off anxiety about Covid-19, then engage in activities that can distract your mind for extended periods of time:

clean your house

watch a movie or show

play a board game

go for a walk in the sunshine (Vit D)

start a craft project

play a musical instrument

make use of the fresh air

If you, or someone you know, is feeling overwhelmed with emotions like sadness, depression or anxiety, think about others that do not have an own home, enough food or warm clothes.

Hoe kan die “Nuwe Normaal” lyk?

- ➡ inry fliëks—Onthou jy nog Fonteinesirkel se inry?
- ➡ inrykafes (The Dolls House...in Vermeulenstraat) want Spur en aansit-restaurante maak weer toe;
- ➡ werk nou permanent van die huis af
- ➡ weggooi koffieglassies —en borde?
- ➡ ’n masker en spuitbotteltjie saniteerder by elke deur in jou huis, in jou motor en in jou handsak?
- ➡ weggooi handskoene en weggooi skoenootreksels?
- ➡ eie inkopiesakke vir die wat dit wil waag om supermark toe te gaan,
- ➡ laai self jou inkopies in die sakke; stoot self jou trollie en pak self jou aankope in jou motor;
- ➡ inkopies aanlyn wat voor jou deur afgelaai word sodat jy dit eers ontsmet voordat jy dit in die huis invat;
- ➡ ’n “disinfecting” mat by jou voordeur?
- ➡ “drive by” kinderverjaardag partytjies-my kleindogter het sopas een beleef met eetgoedjies wat by die hek afgelaai is;
- ➡ ’n plastiekgordyn tussen jou en geliefdes sodat julle darem deur plastiek kan omhels;
- ➡ ’n stoel buite die veiligheidshek waarop ek sit wanneer ek my kinders besoek, met hulle binne die hek;
- ➡ Zoom-vergaderings;
- ➡ Tuisgemaakte gemmer en-pynappelbier want alkoholverkope word nie weer toegelaat nie;
- ➡ draai self sigarette en vul met rooibostee blare;
- ➡ geen grassnydienste nie—ons lê plaveisel of kunsgras;
- ➡ tuinmaak net in potte;
- ➡ vullis word nie meer by ons huis opgelaai nie, ons moet dit self na die vullisarea neem;
- ➡ robotte word ingespan om die woonstelgange skoon te maak.

Redaksioneel

Die Redaksie aanvaar geen verantwoordelikheid vir die feitelike korrektheid van bydraes ontvang nie. Dit word in goedertrou geplaas. We encourage freedom of speech and the expression of diverse views, but the editor reserves the right not to publish any and all submissions received. Articles can be published anonymous in the newsletter, but only if the senders name is revealed to the editor.

Konjunktivitis

Konjunktivitis (bv. pink eyes) is die ontsteking van die konjunktiva, die delikate slymvlies wat die voorkant van die oogbal bedek en die binnekant van die ooglede uitvoer. Hierdie slymvlies (of bindvlies) is deursigtig en die bloedvate daarin is onsigbaar, behalwe in die geval van irritasie, allergie of infeksie en dan raak die slymvlies (konjunktiva) rooi en opgeswel en produseer 'n waterige of etterbevattende afskeiding. Die klassieke pienkoog word veroorsaak deur *Haemophilus aegyptius* of die basil van Morax-Axenfeld.

Dit veroorsaak ongerief eerder as pyn en affekteer gewoonlik nie visie nie. Konjunktivitis word veroorsaak deur 'n bakteriele of virusinfeksie, allergie of hooikoors; fisiese of chemiese irritasie; of 'n sensitiwiteit vir suiwelprodukte of ander kos of chloor in swembaddens. 'n Onverwagte oorsaak kan sensitiwiteit vir 'n kosmetiese middel wees, bv seep of ooggrimering. Ander oorsake en prikkelmiddels kan 'n vreemde voorwerp in die oog insluit, soos stof of 'n stukkie grint. Van die kieme wat konjunktivitis veroorsaak, is dieselfde wat vir bloedvinte, sere in die neus en longontsteking verantwoordelik is.

Die pasiënt word afgesonder, want die aansteeklike toestand word oorgedra deur vogdruppels uit die keel en neus, asook die uitruil van persoonlike items soos handdoeke en sakdoeke.

Simptome sluit in: seer, geïrriteerde oë wat sanderig voel; die wit van die oë raak pink of rooi en bloedbelope, geswelde ooglede; tranerige oë en 'n dun taai afskeiding wat die ooglede aan mekaar laat vasklou, veral in die oggende (bakterieel); vryf van oë en ligsensitiwiteit (fotofobies). Indien pyn en belemmerde sig voorkom, moet 'n dokter gespreek word.

Behandeling: Die pasiënt herstel gewoonlik binne 1-3 weke, sonder enige nagevolge. Behandeling is daarop gemik om verligting te bring, inflammasie te verminder en infeksie te genees. Voorgestelde aanvullings per dag: Vit A 10 000 IE, Vit C 500mg om die helingsproses te versnel en jou immuunstelsel te versterk om teen skadelike toksiene te veg en Sink (30-50mg) om ook jou immuunstelsel te versterk en laat jou vinniger gesond word.

Bakteriele infeksies reageer op antibiotiese oogdruppels; vir allergiese infeksies word antihistamiene, hidroterapie mbv koue kompresse en Vit C gebruik asook kortisoonoogdruppels; virale infeksies reageer gewoonlik goed op tuisrate of sal vanself weggaan. Vermoegter oogdruppels wat steroïede/kortisoon bevat wanneer dit 'n virusinfeksie is, want dit sal die toestand vererger.

Bronne: –Mediese woordeboek
–Alternatiewe kure: Bill Gottlieb
–Dokter in die huis: Dr Jan van Elfen

Brief aan die Redakteur

Ek is uiters bekommerd oor die huidige stand van sake met Covid-19. Gauteng is nou die brandpunt met die hoogste aantal infeksies per dag; die hospitale raak vol, beddens nie meer beskikbaar nie en ventilators skaars en gesondheidspersoneel al hoe meer ge-infekteer.

Indien jy positief toets en jy is 'n inwoner van die Landgoed wat gaan gebeur? Jy sal in isolasie moet gaan in jou eie huis en jy en jou familie sal jou moet versorg, soos met enige ander siektetoestand waaraan jy nou ly; die Sorgsentrum is vol en jy gaan nie daar plek kry nie, gaan hulle verantwoordelikheid aanvaar vir Covid-19 pasiënte by hulle huise? Hulle is immers verantwoordelik vir hulle eie pasiënte se versorging; Indien jy nie plek kry by 'n hospitaal nie moet jy na 'n publieke hospitaal as jy gelukkig is om plek te kry en dan daar in ellende sterwe sonder dat jou geliefdes jou kan besoek; maar vooraf lê en versmoor van asemnood omdat daar nie 'n Ventilator of suurstof beskikbaar is nie; en daar nie personeel is om jou te versorg nie. Of sal jy verkies om in een van die veldhospitale te gaan lê met geen privaatheid nie?

Ek lees in die nuusbriewe van die afgelope 3 maande van Dankbaarheid, Verdraagsaamheid en Verpligting omdat jy jou naaste liefhet en bekommerd is oor hulle gesondheid. Tog is daar nog steeds inwoners wat selfsugtig en moedswillig 'n middelvinger wys na riglyne en regulasies, versoeke en waarskuwings en weier om masker te dra in die openbaar.

Meneer, Mevrouw: jy is nie braaf om vir almal te wys jy gee nie aandag aan regulasies en riglyne nie deurdat jy weier om masker te dra en voortgaan om te sosialiseer (dit beteken kuier bymekaar!) –jy wys eintlik vir jou bure en ander inwoners jy gee nie 'n snars om vir hulle veiligheid nie. Inwoner, dit berus dus by jou om jou te distansieer van selfsugtige en moedswillige inwoners wat jou lewe in gevaar stel en dit duidelik aan hulle stel dat hulle nie naby jou moet kom nie. My buurvrou is 82, en tog kuier haar dogter en skoonseun by haar sonder maskers!!

–Christina



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